



Prime Time News

February 2017

Fitchburg Senior Center
Volume VI Issue 2

Look Ahead

Spry Society/Day Trips P.2

Spanish/Learning Annex P.2

Cord Cutters/Phones Class P.3

Uke Group/Med Disposal P.4

Book Club/Travel/PLATO P.5

Activities/Games P.6

New Exercise Dates P. 7

NEW Staff/Friends P.9

 Find Us On Facebook

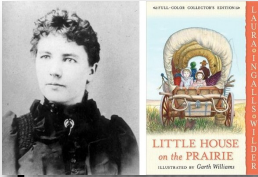
Pancake Breakfast

Sunday, March 19

8:00 a.m.-12:00 p.m.

Remember to pick up your
newsletter or visit our
website at:

<http://www.fitchburgwi.gov/621/Senior-Center>



Laura Ingalls Wilder— Jessica Michna Live Theatre

Laura Ingalls Wilder is the author of the “Little House” series of books, on which the TV series “Little House on the Prairie” was based. Born in Pepin, WI in 1867, Wilder’s family moved many times. She became a teacher at age 15 and was married by age 18.

Michna portrays many of Wilder’s fun moments growing up, as well as her sad stories. Michna researches each of her subjects and answers questions about the characters after her presentation.

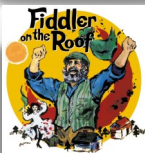
February 17 at 12:40 p.m.

AARP Tax Help

For those who could benefit from FREE, simple tax return help, this program is for you! The following dates run with 45-minute slots, so your taxes must be straightforward. Tax preparers will be using all new software this year, so you must bring all paperwork to this appointment!

Fri.—February 17 Fri.—February 24 Fri.—March 24 Fri.—March 31

Call 270-4290 for your 45-minute appointment.



Fiddler On The Roof—Behind The Scenes

Tamara Brognano, Four Seasons Theatre Outreach Coordinator, will lead a program that introduces the audience to the short stories and collaboration of Broadway artists that resulted in the creation of Fiddler on the Roof. Singers and a pianist will perform songs from the show to illustrate the different stories from this iconic musical.

Friday, February 10 at 1:00 p.m.

Upper level—Senior Center

New Offerings For You!

P.2

Aging Mastery Program Returns!

Please see enclosed flyer for details on this exciting program. Funded through a grant from the National Council on Aging, participants will work on developing behaviors that will lead to improved health, stronger financial security and overall well-being.



Spry Society

This free program offers a comfortable way to have fun and socialize with others who are living with mild cognitive impairment and for family and friends of those affected.

There is an interview that must be completed before attending the group. Contact Bonnie at (608) 203-8500 or bnutt@alz.org for more information. The Spry Society will meet every other Friday at 10:30 a.m. beginning March 17.

The First Four Interesting and Entertaining Day Trips



- Chicago Auto Show on February 15, 2017. Sign up due by January 30, 2017, if there is space. Price \$75.
- Chicago Flower and Garden Show on March 18. Sign up by February 15 to ensure that 10 attendees and a pick-up at the Fitchburg Senior Center. Price \$115.
- Buddy: The Buddy Holly Story on May 7, 2017. Sign up by April 1 to ensure 10 attendees and a pick-up at the Fitchburg Senior Center. Price \$99.
- Architectural Gems of Northern Illinois on June 1, 2017. Sign up by May 1 and ensure 10 attendees and a pick-up at Fitchburg Senior Center. Price \$99.

Beginner Spanish

Tuesdays 10:15 to 11:15 a.m. 2/28—4/18.

Eight Weeks. Cost \$50

Call 270-4290. If you would like to join please ask Senior Center staff for the teacher's contact info to determine if it would be a good fit for you.

Intermediate Spanish

Tuesdays 9:00 to 10:00 a.m. 2/28—4/18.

Eight Weeks. Cost: \$50

Want to brush up on the Spanish that you learned years ago?

This class has had a total of 72 lessons so far, and has learned these tenses: present, present perfect, simple future, present progressive. They know a lot of vocabulary about food, families, daily life, and school.

If you would like to join please ask Senior Center staff for the teacher's contact info to determine if it would be a good fit for you. Call 270-4290.



Learning Annex—Gayle Worland

Gayle Worland is a features reporter at the Wisconsin State Journal. She primarily covers arts topics such as music, theater and visual arts in the Madison area. She at one time served on the education beat and a night reporter for the paper. Prior to moving to Madison she was a general assignment reporter for the Chicago Tribune and Washington Post and the Rockford Register Star in Rockford Il. Hear more about Gayle's career and some of her favorite interviews including Andy Williams and Garrison Keillor.

Tuesday, February 21 at 2:00 p.m.

Groups



Men's Group

Join us for our next meeting on
Tuesday, February 14 at 2:00 p.m.

For more info log on to:
www.fitchburgseniorcenter.com
and click on Men's Group on the left side.



Active Women's Group Join us for our
next meeting on



Tues., Feb. 28 at 2:00 p.m.

Social Hour from 1:00-2:00 p.m. before meeting.

For more info log on to:
www.fitchburgseniorcenter.com
and click on Active Women's Group.

Dine Out

Couples Dinner Group

Feb. 21 we will be going to Liliana's at 2951 Triverton Pike, Fitchburg. Any couple who would like to join us should e-mail Bev Davis at bevbdavis@aol.com or call 608-467-3990.

Tech W/ David



Cutting The Cable Cord— Home Visit

Are you stressing over your budget and coming to the conclusion that cable TV is something you could do without? If you have the Charter bundle, you can eliminate cable and stick with phone and internet. Worried trees and other houses might be a reception problem for an antenna? Call David at 270-4292. These questions and hands-on help are services offered to you for free. Save money, save time and most importantly, discover a better way to watch TV.



Getting the Most out of Your Smart Phone—Back Again!

Your Smart Phone is a more powerful computer than the ones we used to put men on the moon. It will also do many more things than those computers were capable of, yet they are simpler to use. Most people are unaware of everything it can do for you.

Come to the Fitchburg Senior Center on **February 15 at 10:30 a.m.** for a fun and informative class on all the cool (and stupid) things your smart phone will do.

This event is being presented by Dave St. Amant of Community PC, LLC. Dave is the owner of Community PC, a mobile tech support company, serving Dane and Rock counties. He and his staff understand the needs of seniors and people w/disabilities and want to help you get the most out of the information age.

Call 270-4290 to reserve a spot for this very popular class. Free.



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More!

April 4 Referendum

Come hear a brief presentation about the upcoming April 4 referendum for the Verona Area School District on Wednesday, March 15 at the Fitchburg Senior Center – 10:45 a.m. Walk away with a loaded fact sheet of information and plenty of time for asking questions about the potential new high school and other options going on the ballot!



Ukulele Network

The Tuesday Uke Group continues to strum at 1:00 p.m.

For questions call Judy at 608-514-3274.

Cards With Katie



Join us for an afternoon of paper crafting on **Monday, February 13 at 1:00 p.m.** Stamp – cut – punch – glue – and have fun playing with paper. For more details go to www.StampLadyKatie.com or log on to the Senior Center webpage.

Cost \$11.50.

Payment due to the Senior Center one week prior to class. You must call 270-4290 to register.

Proper Medication Disposal: It's up to You!



Did you know that unintentional poisoning from medications surpassed deaths from automobile crashes in Dane County last year? Misuse or abuse of prescription, over-the-counter or illicit drugs are the major cause. Pain medication, when misused, can be especially fatal. The

Fitchburg Senior Center is part of the Dane County Transitions of Care Coalition, a group comprised of several organizations who want to keep all residents of Dane County safe. We are currently partnering with several organizations to safely dispose of unused medications by providing community members with blue disposal bags that include disposal instructions as well as MedDrop locations. For your added convenience, the Fitchburg Police Department has a MedDrop box that is open from 7:30 a.m. – 4:30 p.m., Monday through Friday. The bags are available for ALL community members, not just older adults. If you have further questions, or would like a MedDrop bag for yourself or a loved one, please call the Fitchburg Senior Center at 270-4290.

U.W. Nutrition

February 1 at 11:30 a.m. Learn about great tips and tricks for eating healthy!



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Book Clubs

Travel

REACH Book Club

REACH Book Club will meet on February 9, 2017 at 1:30 p.m. at the Senior Center with a discussion of the book, *Leaving Time* by Jodi Picoult. Jenna Metcalf has never stopped thinking about her mother, Alice, who mysteriously disappeared in the wake of a tragic accident. Refusing to believe that she would be abandoned as a young child, Jenna searches online for her mother regularly, and pores over the pages of Alice's old journals. Jenna's memories dovetail with the events in her mother's journals weaving an intriguing tale for the reader.

Upcoming selections are:

Mar. 9: *Station Eleven* by Emily St. John
Apr. 13: *The Kitchen House* by Kathleen Grissom
May 11: *The Children's Blizzard* by David Laskin

REACH Book Club meets the **2nd Thursday** of each month, September thru June at the *Fitchburg Senior Center* at **1:30 p.m.**

Mystery Book Club

February 23 at 1:30 p.m. We will discuss the book, "The Bone House" by Brian Freeman. The setting of this book is Door County, Wisconsin. Past crimes, hidden secrets, mysterious murders, unknown villains, a plucky heroine, an innocent man condemned by circumstance, and a likable, witty, eccentric detective—all the ingredients for a propulsive page-turner.



Extended Travel Opportunities

The Heritage of America Tour is full.

Deposits are due by **March 10, 2017** for:

1.) Nova Scotia and Canada's Maritimes—offered by Mayflower

-9 days, departing July 14 including: tour of Halifax and the Citadel; Cape Breton Island; ferry to Prince Edward Island, Charlottetown Touring, Confederate Bridge, and Digby Ferry and Peggy's Cove.

Currently seven travelers from Fitchburg Sr. Center are registered—three more are needed for pick-up at the Senior Center!

Cost-\$3,039 for double occupancy.

2.) California Rail Discovery—offered by Premier World Discovery

-7 days, departing September 15 including: San Francisco City Tour and Bay Cruise; crossing the Golden Gate Bridge to visit Sausalito, Old Town Sacramento and the California Railroad Museum.

Board the Napa Valley Wine Train for a scenic tour of the wine region. Board an Amtrak Train for a Sierra Nevada Rail Journey through the Sierra Nevada Mountains and the Lake Tahoe area. Visit Virginia City and enjoy a Lake Tahoe Paddle-wheeler Cruise.

Cost- \$2,595 for double occupancy.

****Sign up for the Wisconsin Northwoods, Madeline Island and Bayfield tour** by March 15, 2017 and receive an early booking discount of \$50.00 per person. With discount, cost is \$862.

****Brochures for all tours are available at the Senior Center. Call Judy Broad for more information or assistance at 271-9077 or jbst@charter.net.**

P.L.A.T.O. Learning Novels Old & New—2017—Novels kicks off the new season starting February 20, and runs through April 24, 1:00 p.m.

Joseph Conrad's "Heart of Darkness"— 2017

Kick-off is Friday, February 17 and runs through May 5. 10:00 a.m.—12:00 p.m.

For information, contact liaison Wendy Kerr at 262-5823.

Call 608.274.4350 today to schedule
a tour and enjoy a complimentary lunch!



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Fun Zone

Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Cross Stitch—Thurs. @ 8:30 a.m.

Euchre—1st & 3rd Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 2:00 p.m.

Ping Pong—Fri. 9:00 a.m.

Bunko—Wed. @ 1:00 p.m.

Open Art—3rd Mon. @ 1:00 p.m.



\$20 Blackout Bingo!! Feb. 9

Special Sponsor:

**Ruth Domack w/
First Weber**

Game begins promptly at 12:30 p.m.

Fitchburg Police serving lunch!!



Movie Day—Florence Foster
Jenkins

Join us for this smash hit movie.
87% Rotten Tomatoes!
Friday, February 24 at 12:40 p.m.



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Estate Planning and Administration
Elder Law and Special Needs Planning

Exercise Opportunities

P.7



Ping Pong

Friday – 9:00 a.m. Drop-in.

Play in matches, it's fun!



Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 8:30 & 9:45 a.m.; Fridays at 8:30 a.m. is Diane on video. Class focuses on cardio, strength, and flexibility. Cost is \$20 per month.

Yoga W/ Kurt—Winter Session 2

Feb. 27 Mar. 6,13,20,27 Apr. 3

\$42—Six weeks

Level I 10:45 a.m.—12:00 p.m.

II: 9:15—10:30 a.m.

Call 270-4290. Payment due upon signup.



Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance.

Cost is \$10 per month.



Night Club 2 Step W/ Mike & Deb

Night Club 2 Step is a nice easy dance done to a slower rhythm, cool and beautiful. We would love to have more couples and men join in the fun. Please come to see what dance is all about.

Fridays, starting Feb. 3 at 1:00 p.m. \$25/5wks

Don't Miss!

Easy Yoga Plus—Eight Weeks!

Learn ways to “age gracefully” through becoming aware of what your mind, body and spirit are telling you. You will leave class more relaxed and more in tune with what is required to keep yourself vibrant as you age.

Four weeks: Feb. 7—28 from 9:00—10:00 a.m.

Cost is \$35. Call 270-4290 to register and pay.



Pickle Ball

Every Tuesday. Advanced Play 8:30-10:30 a.m.

Beg./Inter. 10:30 a.m.—12:30 p.m. Open play

1:00-3:00 p.m. in the upper level.

Tai Chi Thursdays

8:30 a.m. Cost—\$2 drop-in.

Beginners welcome.



Free Indoor Walking

Every Tuesday & Thursday at 11:00 a.m.

(One hour)

Break Away Sports 5964 Executive Dr.

Core Class

WOW!!

Class is intended to maintain and improve strength, balance and posture. There will be a focus on core strength and weight-bearing exercises for upper and lower body. Participants must be able to get up and down from the floor for mat exercises.

Thursdays / 8:45-9:45 a.m. MAX 8 students.

Four weeks/ starting March 2. Cost: \$25

Zumba Gold

Thursdays/ 10:00-10:45 a.m.

8 weeks/ starting March 2. Cost: \$50

Call 270-4290 to register and make payment.

Transportation Services P.8

Meals—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

Shopping—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. Call the Senior Center to schedule a ride. Check calendar for trip destinations.

Medical Appointments—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

Shuttle Service— This service is used for medical ride requests that require wheelchair transport. Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

Health, Help & Renewal

Footcare/Fingernail—

Home Health United. Offered 2nd & 4th Wednesday & 4th Monday. Cost is \$20 & \$10. Call the Center for an appointment.

Must provide 2 towels.



Pre and Diabetic

Footcare

Feb. 17

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

Blood Pressure

Ruth Mueller, R.N. B.S. Offered at no charge the third Thursday of each month
10:30-11:30 a.m.
No appt. needed.



Massage Therapy

June Newman
LMT,NCTMB.
Mon./Thurs.
Afternoons

Massage/Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Massage

Denny Ginko
Call for
dates/times

Cost:

\$30 for 30 min.
\$50 for 60 min.
\$70 for 90 min.

Cancellations must be made 24 hrs in advance to avoid being charged.

Call 270-4290



Chair Massage W/ Gary Kuzynski

1st & 3rd Wednesday mornings
15 minutes = \$11
30 minutes—\$22
Call 270-4290 to register.



Caregiver Support

If you are caring for a loved one with dementia, you are not alone.
Join us on Thursday, Feb. 9 at 10:00 a.m.

Social Services

Senior Center Help

- ♦ Home visits
- ♦ Three Month Loan Closet
- ♦ Meals on Wheels
- ♦ Home Health
- ♦ Insurance
- ♦ Medicare/Part D
- ♦ Medicaid
- ♦ Call Amy Jordan or Sarah Folkers at 270-4290 today!

Class Registration/Payment

Class: _____

Name: _____

Address: _____

City & Zip: _____

Phone: _____

Email: _____

Cash: _____

Check: _____

Program Cancellation Policy: Class payments must be received seven days prior to the start of class.

Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.

Not So New Face!

Hello, my name is Betty Otradovec and I was recently hired to job share with Susan Hoerschner at the front desk here at the Fitchburg Senior Center. You may have seen me around the Senior Center as I've been volunteering for about the past five years. I've enjoyed working the reception desk, helping with footcare, exercising with Kurt Runzheimer in his Yoga class, and working with the ladies in the Crafty Quilt group. My husband, Dale, and I have lived in the Fitchburg area for almost 40 years. If there is something you need help with, just ask. The Fitchburg Senior Center is a great place to learn, exercise and socialize!



A Pancake Breakfast sponsored by the Friends will be held on March 19, 2017, at the Fitchburg Senior Center. All are invited!

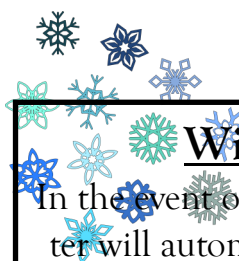
Find us now on FACEBOOK. Enter FSC Friends. Events, travel and more information are displayed. It is a work in progress!

For the month of December The Friends donated \$150 to our Center for entertainment and \$34 for a scholarship.

****Photographer Needed****

Volunteer photographer needed to assist the Fitchburg Senior Center Friends at their events, such as the pancake breakfast. Camera provided.

Call Marcia at 277-8118



Winter Weather Policy

In the event of inclement weather, the Senior Center will automatically cancel both home-delivered and congregate meal programs when the Oregon Schools are closed. The cancellation of all other programs will be at the discretion of the class instructor and/or the Senior Center Director. If you have any questions about class cancellations during the winter months, please call our main line at 270-4290. In the event staff are unable to answer the phone, all cancellations will be recorded on the Senior Center voicemail message.

Fitchburg Senior Center
5510 East Lacy Road
Fitchburg, WI 53711
608-270-4290

www.fitchburgwi.gov



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Association of Senior Centers

Jill McHone, Director
David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Susan Hoerchner, Office Asst.
Betty Otradovec, Office Asst.
Katie McMullen—U.W. Intern.



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February 2017

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																											
		1	2	3																																																																																											
		8:30 AM Aerobics 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM FSC Friends 10:00 AM Zumba 11:00 AM Walking 12:30 PM Bingo!! 1:00 PM Sheepshead	8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Copps</u> 11:00 AM F-Fitness 2:00 PM Scrabble																																																																																											
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8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Open Art	8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Walmart 11:00 AM Walking 12:45 PM Euchre 1:00 PM Mahjong	8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Caregiver Support 10:00 AM Zumba 11:00 AM Walking 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Book Club	8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness <u>1:00 PM Fiddler On The Roof</u> 2:00 PM Scrabble																																																																																											
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8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Woodmans 10:00 AM Hookers 10:45 AM Library Shuttle 11:00 AM Walking 2:00 PM Men's Group	8:30 AM Aerobics 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Zumba <u>10:30 AM Blood Pressure- walk in.</u> 11:00 AM Walking 12:30 PM Bingo!! 1:00 PM Sheepshead	8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Copps</u> 11:00 AM F-Fitness <u>12:40 PM Live Theater</u> 2:00 PM Scrabble Diabetic Footcare																																																																																											
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2017

Senior Dining



Fellowship, Food & Fun

Salad Option Thursdays (Salads are dine-in only) 2 nd - Garden 9 th - Chicken Ranch 16 th - Chef 23 rd - Taco *Meal has pork product		Wednesday 1	Thursday 2	Friday 3
		Philly Cheese Sandwich Four Bean Salad Banana Pumpkin Bar VO: Hummus Wrap w/Tomato & Cucum.	*BBQ Pork on W.W. Bun Baked Beans Grape Juice Brownies VO-Veggie BBQ	Chicken & Dumplings Carrots Tropical Fruit Salad Bread/Butter Sugar Cookie VO: Vegetarian Dumplings
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Meat Sauce over W.W. Mostaccioli Brussel Sprout Mandarin Oranges Garlic Breadstick Cookie Pkt. VO: Veggie Spaghetti Sauce	Vegetable Barley Soup Turkey & Cheese on Croissant. V-8 Juice Fruit Cup Peach Pie VO: Cheese on Croissant	Lemon Baked Fish ½ Baked Potato Capri Blend Banana Bread/Butter Candy Cookie VO: Veggie Cheese over Baked Potato	Beef Stew Biscuit Fresh Fruit Butterscotch Pudding VO: Vegetarian Stew	*BBQ Ribs Cheesy Potatoes Bean Salad Chunky Applesauce Bread/Butter Blueberry Pie Hummus Wrap w/Tomato, & Cucumber
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Sloppy Joe on Bun Peas & Carrots Tropical Fruit Salad Carnival Cookie V.O: Veggie Sloppy Joe	Chicken Cordon Blue Cheesy Potatoes Green Bean w/Almonds Ambrosia Salad Bread/Butter Valentine Cookie V.O. Burger	Chili Crackers – 3 pkt. Greens w/ Tomato Fruit Cocktail Key Lime Tart VO: Veggie Chili	*Pork Cutlet w/ Gravy Mashed Potato Oriental Blend Pears Bread/Butter Vanilla Pudding V.O: Baked Pot Cheese Sauce	Chicken Gumbo Mild Spicy Greens Banana Corn Bread/Butter Pecan Pie V.O: Hummus Wrap w/Tomato, Carrots & Lettuce
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Chicken Alfredo over Fettucine Garden Blend Pineapple/Mand. Orange Mix Garlic Breadstick Vanilla Ice Cream V.O. Veggie Alfredo	Swiss Burger w/ Onion & Tomato Baked Beans Peaches Brownies VO: Mediterranean Burger	Pepper Steak w/Onions Brown Rice Broccoli Flowerets W.W. Bread/Butter Fruit Cocktail in Jello VO: Veggie Pepper Mixture	*Ham Slice Saucy Sweet Potatoes Turnip Greens Cinn. Pears Dinner Roll/Butter Sugar Cookie VO: Vegetarian Burger	Chicken-Ala-King Biscuit Brussel Sprout Apricots Half Jell-O cake VO-Veggie Ala-King
Monday 27	Tuesday 28			
Spaghetti w/ Meat Parmesan Cheese California Blend Cinn. Applesauce Garlic Breadstick Chocolate Pudding VO: Veggie Spaghetti Sauce	Baked Lemon Fish Tartar Sauce Cheesy Potatoes Beets Fresh Fruit Roll Lemon Bar. V.O. Cheesy Pot. Casserole	Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION	Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290 	

The Fitchburg & Oregon Senior Centers are proud co-sponsors of:

Aging Mastery Program®

Join the adventure!



Aging Mastery Program®

National Council on Aging

The Aging Mastery Program® (AMP) encourages *mastery*—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

By participating in this 10-week program, you will:

- Gain impactful changes in your health behaviors, financial well-being and enrichment later in life.
- Increase your knowledge in the following areas: exercise, sleep, healthy eating and hydration, financial fitness, medication management, advance planning, healthy relationships, fall prevention and community engagement.
- Get REAL incentives and rewards for taking small steps that can improve your well-being.

Limited spots available: Sign up now!

Wednesday, March 22nd through May 24th at the Fitchburg Senior Center.

1:30-3:00pm.

Registration deadline -March 15th.

Thanks to a grant awarded through the National Council on Aging, this program, valued at \$100, will only cost \$25.

Scholarships and transportation available.

Make checks payable to the Fitchburg Senior Center

ncoa
National Council on Aging



Please RSVP to the Fitchburg Senior Center at 270-4290 or email Jill.Mchone@fitchburgwi.gov Registration deadline is March 15th.